

Recipe Nutrition Summary

for Warren Consolidated Schools
September 12, 2022 through September 16, 2022

Site: Black Elementary School; Menu Designation: Planned; Period: Breakfast

9/12/2022 Black Elementary School - Breakfast

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g
Crunchmania Cinnamon Bun Snacks	1 bag	210.00	2.00g	8.571%	180.00mg	7.00g	37.00g	3.00g		3.00g
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Graham Cereal Bar	1 Golden Graham Cereal Bar	150.00	0.00g	0.000%	115.00mg	3.50g	30.00g	3.00g		2.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereal, Reduced Sugar, Who	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's French Toast Snacks	1 Kellogg's French Toast Snacks	210.00	2.00g	8.571%	190.00mg	7.00g	38.00g	3.00g		4.00g

* = Calculations based on incomplete data including amounts marked "N/A"

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for Warren Consolidated Schools
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9/12/2022 Black Elementary School - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Nabisco Lil' Squares Honey Graham Cracker	1 pkt	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		2.00g
Oatmeal Choc Chip Benefit Bar	1 Oatmeal Choc Chip Benefit Bar	280.00	3.00g	9.643%	230.00mg	8.00g	47.00g	3.00g		5.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
Suncup 100% Juice Box 4.23oz	1 Suncup 100% Juice Box 4.23oz	60.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

9/13/2022 Black Elementary School - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g

* = Calculations based on incomplete data including amounts marked "N/A"

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9/13/2022 Black Elementary School - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Crunchmania Cinnamon Bun Snacks	1 bag	210.00	2.00g	8.571%	180.00mg	7.00g	37.00g	3.00g		3.00g
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Graham Cereal Bar	1 Golden Graham Cereal Bar	150.00	0.00g	0.000%	115.00mg	3.50g	30.00g	3.00g		2.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereal, Reduced Sugar, Who	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's French Toast Snacks	1 Kellogg's French Toast Snacks	210.00	2.00g	8.571%	190.00mg	7.00g	38.00g	3.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Nabisco Lil' Squares Honey Graham Cracker	1 pkt	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		2.00g
Oatmeal Choc Chip Benefit Bar	1 Oatmeal Choc Chip Benefit Bar	280.00	3.00g	9.643%	230.00mg	8.00g	47.00g	3.00g		5.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
Suncup 100% Juice Box 4.23oz	1 Suncup 100% Juice Box 4.23oz	60.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

9/14/2022 Black Elementary School - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

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9/14/2022 **Black Elementary School - Breakfast**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g
Crunchmania Cinnamon Bun Snacks	1 bag	210.00	2.00g	8.571%	180.00mg	7.00g	37.00g	3.00g		3.00g
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Graham Cereal Bar	1 Golden Graham Cereal Bar	150.00	0.00g	0.000%	115.00mg	3.50g	30.00g	3.00g		2.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereal, Reduced Sugar, Who	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's French Toast Snacks	1 Kellogg's French Toast Snacks	210.00	2.00g	8.571%	190.00mg	7.00g	38.00g	3.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Nabisco Lil' Squares Honey Graham Cracker	1 pkt	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		2.00g

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	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Oatmeal Choc Chip Benefit Bar	1 Oatmeal Choc Chip Benefit Bar	280.00	3.00g	9.643%	230.00mg	8.00g	47.00g	3.00g		5.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
Suncup 100% Juice Box 4.23oz	1 Suncup 100% Juice Box 4.23oz	60.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

9/15/2022 Black Elementary School - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g
Crunchmania Cinnamon Bun Snacks	1 bag	210.00	2.00g	8.571%	180.00mg	7.00g	37.00g	3.00g		3.00g

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for Warren Consolidated Schools
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9/15/2022 Black Elementary School - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Graham Cereal Bar	1 Golden Graham Cereal Bar	150.00	0.00g	0.000%	115.00mg	3.50g	30.00g	3.00g		2.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereal, Reduced Sugar, Who	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's French Toast Snacks	1 Kellogg's French Toast Snacks	210.00	2.00g	8.571%	190.00mg	7.00g	38.00g	3.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Nabisco Lil' Squares Honey Graham Cracker	1 pkt	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		2.00g
Oatmeal Choc Chip Benefit Bar	1 Oatmeal Choc Chip Benefit Bar	280.00	3.00g	9.643%	230.00mg	8.00g	47.00g	3.00g		5.00g
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g
Suncup 100% Juice Box 4.23oz	1 Suncup 100% Juice Box 4.23oz	60.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g

9/16/2022 Black Elementary School - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g

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	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Canned Fruits	.5 cup	59.30	0.00g	0.000%	6.80mg	0.00g	15.62g	1.78g		0.22g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Cereal, frosted flakes R/S bowl	1 cereal, frosted flakes R/S bowl	100.00	0.00g	0.000%	170.00mg	0.00g	24.00g	2.00g		2.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cinnamon Frosted Flakes	1 Cinnamon Frosted Flakes	100.00	0.00g	0.000%	180.00mg	0.00g	24.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g
Crunchmania Cinnamon Bun Snacks	1 bag	210.00	2.00g	8.571%	180.00mg	7.00g	37.00g	3.00g		3.00g
fat free chocolate prairie farm	1 fat free chocolate prairie farm	110.00	N/A	N/A	180.00mg	N/A	19.00g	N/A		8.00g
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Graham Cereal Bar	1 Golden Graham Cereal Bar	150.00	0.00g	0.000%	115.00mg	3.50g	30.00g	3.00g		2.00g
Goldfish Cinnamon Graham Cracker	1 package	120.00	1.00g	7.500%	140.00mg	4.00g	19.00g	1.00g		1.00g
Honey Graham Cracker with Fiber 3 pack	1 Honey Graham Cracker with Fiber 3 pack	94.09	0.00g	0.000%	99.32mg	2.61g	17.77g	1.05g		2.09g
Kellogg's Apple Jacks Cereal, Reduced Sugar, Whole Grain	1 Kellogg's Apple Jacks Cereal, Reduced Sugar, Who	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Kellogg's French Toast Snacks	1 Kellogg's French Toast Snacks	210.00	2.00g	8.571%	190.00mg	7.00g	38.00g	3.00g		4.00g
Kelloggs Fruit Loops Reduced Sugar	1 Kelloggs Fruit Loops Reduced Sugar	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	2.00g		2.00g
Nabisco Lil' Squares Honey Graham Cracker	1 pkt	130.00	0.00g	0.000%	150.00mg	3.00g	24.00g	2.00g		2.00g
Oatmeal Choc Chip Benefit Bar	1 Oatmeal Choc Chip	280.00	3.00g	9.643%	230.00mg	8.00g	47.00g	3.00g		5.00g

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Warren Consolidated Schools
September 12, 2022 through September 16, 2022

9/16/2022 **Black Elementary School - Breakfast**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>	
	Benefit Bar										
raisin	1 raisin	113.00	0.00g	0.000%	4.18mg	0.00g	30.00g	1.50g		1.10g	
Suncup 100% Juice Box 4.23oz	1 Suncup 100% Juice Box 4.23oz	60.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g	
Treetop Dried Apple Crisps	1pkt	40.00	0.00g	0.000%	0.00mg	0.00g	10.00g	2.00g		0.00g	
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g	
zee zee applesauce - Plain, reduced sugar	1 each	60.00	0.00g	0.000%	0.00mg	0.00g	17.00g	1.00g		0.00g	

* = Calculations based on incomplete data including amounts marked "N/A"